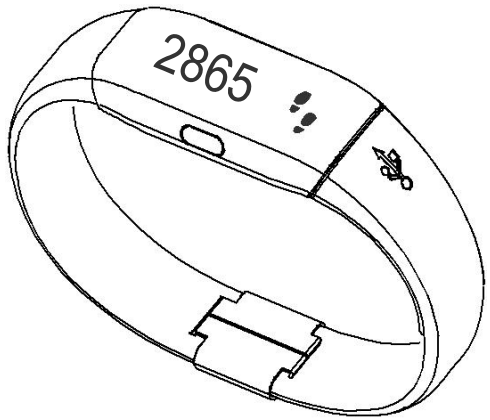
User Manual

Bluetooth Pedometer LS405-B



FCC ID: OU9LS405-B01

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- Thank you very much for selecting the AmericanPumpkins Bluetooth Pedometer LS405-B.
- Please do read the user manual carefully and thoroughly so as to ensure the safe usage of this product, and keep the manual well for further reference in case you have problems.

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❤ Symbol Meaning

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

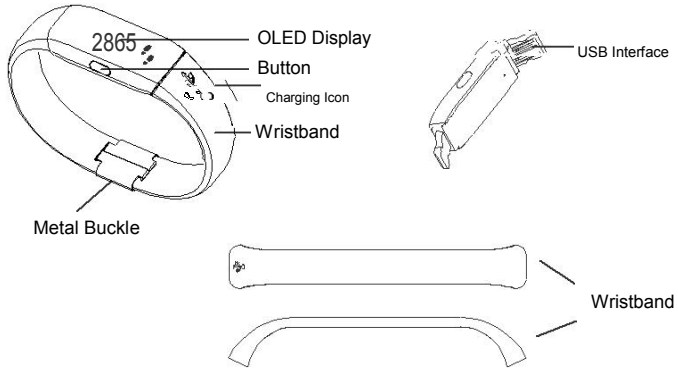
	Symbol for “THE OPERATION GUIDE MUST BE READ”		Symbol for “MANUFACTURER”
	Symbol for “MANUFACTURE DATE”	CE	Symbol for “COMPLIES WITH EU REQUIREMENTS”
⎓	Symbol for “DIRECT CURRENT”		Symbol for “ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice”
Bluetooth SMART	The Bluetooth Combination Mark		
	Symbol for “Including RF transmitter”		

❤ General Instructions

AmericanPumpkins Bluetooth Pedometer LS405-B is used for measuring the walking steps, distance and the consumed calories.
This device has bluetooth 4.0 technology; the user can set the time and unit etc. through the bluetooth, and then download the information to the pedometer. The data in the pedometer also can be uploaded to the device which supports the Bluetooth 4.0 technology. So the user can check it at anytime.
Main Features:

a. support the Bluetooth 4.0 technology
b. OLED display
c. keep a record of the measuring data during 7 days, keep a record for every 5 minutes if there has some changes
d. display walking steps, walking distance, the consumed calories and the current time
e. alarm clock vibration reminder function (this function can be tracked on the app)
f. track the quality of sleeping (this function can be tracked on the app)

❤ Device Components



❤ List

1. Bluetooth Pedometer LS405-B (including Polymer Lithium Battery)
2. User Manual

❤ OLED Display

SYMBOL	DESCRIPTION
0	Steps
17:00	The Current Time
0.0	The Consumed Calorie (kcal)
0.00	The Walking Distance(km)
17:00	Free Alarm Clock Press the Button Can Stop the Alarm Clock
0	Sleeping Mode The Moon Icon Blinks

❤ How to Turn on the Pedometer for Your First Use

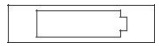
If it's the first time for you to use it, you press the button shortly,and there is no display on OLED , this because the device didn't logout the shipping mode. Please press and hold the button for 5 seconds, then the device will recover to the normal mode.

⚠ CAUTION

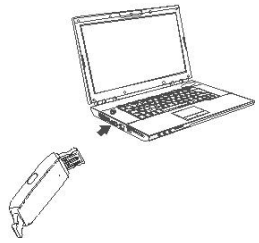
Note:
(1) When the device is in the shipping mode, if you charge the power, it will divert to the normal mode, then you can start your measurement.
(2) When the shipping mode is removed, the pedometer will display the initial time: 0:00.
(3) After pairing up with the mobile phone, the pedometer will download the time from the mobile phone, and it will display the current time.

❤ How to Charge the Power

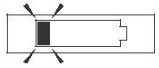
When the OLED displays the following symbol, it reminds you to charge the power at once.



Connect the USB interface with the computer to finish the charging.



When the device is charging the power, the OLED will display as the following picture. The power symbol blinks.



The OLED displays as the following picture, it means the charging is complete.

⚠ CAUTION

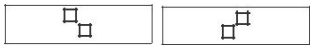
The Mini USB port is only used for charging the power, but can not be used for transmitting the data to the computer.
Batteries (battery pack or batteries installed) shall not be exposed to excessive heat such as sunshine, fire or the like.

❤ Install the App and Pair-Up

- Download and install the app in your device which supports Bluetooth 4.0 technology.

- Turn on Bluetooth and the App. Make sure both are ON when pair-up is proceeding.
- When the OLED is on, press and hold the button on the pedometer about 6 seconds to start pair-up.

Symbol and symbol will be shown on the OLED alternatively, indicating pair-up is proceeding.



If SUCCEED, symbol " Success!" will be shown on the OLED.

If FAIL, symbol "Fail!" will be shown on the OLED.

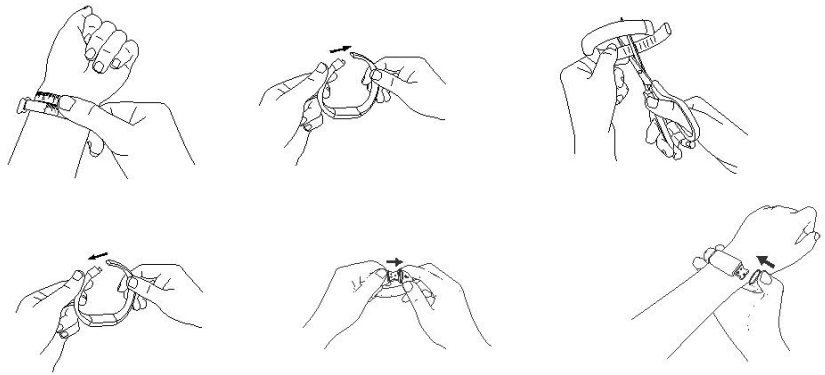
The measuring data will be transmitted to your device which supports Bluetooth 4.0 technology when the pair-up is successful.

Recommended App

TransHealth App available on
Apple App Store and Google Play Store.

❤ How to Wear the Pedometer

1. For first wear, use the tape measurement to measure your wrist.
2. Pull the wristband out of the metal buckle.
3. Select the suitable length of the wristband and cut off it .
4. Use the metal buckle to buckle up the wristband or adjust its length.
5. For daily wear, insert the wristband which has the USB icon into the USB interface of the device.
6. Wear the pedometer just like wearing a watch. Remember the wristband which has USB icon on it must face to you.
7. Connect the other side of the wristband with the device.
8. Then you can start your measurement.



⚠ CAUTION

Note: If you wear the pedometer on the left hand, the button on the pedometer must be towards to your arm. If you wear it on the right hand, the button on the pedometer must be towards to the fingertip.

❤ How to Use

Follow the hints in the manual to wear the pedometer. Then it can start the measurement.

The measuring data will be transmitted to your device which supports Bluetooth 4.0 technology if you have paired up with it.

CAUTION

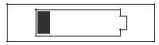
Note: The data will be transmitted to the APP with every 100 steps walked when the pedometer is near the smartphone.
Or press the pedometer button to sync the measurement data to the APP when it is near the smartphone.

❤ How to View the Data

When the OLED is off, and there is enough power, press the button on the pedometer, it will display the picture which the pedometer turn off at the last time shown.

For example, last time, the OLED displayed the calories you have consumed before it turned off . If you press the button now, the OLED will display the calories you have consumed.

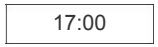
Note： If the battery is low, when the OLED is off , press the button on the pedometer, the OLED will display the battery first.



Then press the button again, the OLED will display the distance you have walked.

After that, press the button again, the OLED will display the steps you have walked.

Then press the button again, the OLED will display the time.



If there is no operation, the OLED will turn off after several seconds.

CAUTION

Note: The data of the day will be cleared to zero automatically when the time is 0:00. The data cannot be cleared to zero manually.

❤ Tracking Sleep on Your Mobile Device

The pedometer can track the hours you sleep and your movement during sleep to help you understand your sleep quality. You can track your sleep using the app on your mobile device.

To enter sleep mode, press and hold the button on the side of the pedometer. You will feel a vibration and a moon icon will flash on the display, indicating that sleep mode has begun.

When you wake up, exit sleep mode by pressing and holding the button until it vibrates. The moon icon will disappear from the display.

❤ Alarm Clock Reminder Function

The pedometer has the Alarm Clock Reminder Function . You can set the alarm clock through the app on your mobile device. Then press the button of the pedometer to finish the setting.

When the setting time is coming, the pedometer vibrates, displays the current time, and the alarm clock icon blinks.

The intensity of vibration will increase gradually.

Press the button on the side of the pedometer to stop the vibration in five minutes. Otherwise, it will stop vibration five minutes later automatically. At this moment, the pedometer will display the current time and the unblinking alarm clock icon.

❤ Troubleshooting

Problem	Root Cause	Solution
Fail!	Failure of pairing up	Please check below items: -Bluetooth is ON. -App Collector is ON. -Both devices are within the transmission distance of Bluetooth.
Abnormal measuring results: Huge difference between two recent measurement.	Incorrect portable fashion make the device has irregular shaking	Use the correct portable fashion, avoid that the pedometer has irregular shaking
	Less than 10 steps	Continue to walk more than 10 steps
	Slide or wearing the slippers to walk	Walk in a normal way
Distance is wrong.	The setting of the distance unit is not right.	Make sure the setting of distance unit on the APP is the one the user needs. (The selectable distance units on the APP are km/mile)

Problem	Root Cause	Solution
No display on OLED when the device powers on.	The power is not enough.	Charge power in time.
	The device didn't logout the shipping mode for the first measurement.	Long press button for 5 seconds, the device will recover to the normal mode.
The device powers off.	Low battery.	Please charge power in time.
Data transmission failed.	Bluetooth is OFF.	Turn ON the Bluetooth via "Setting >> General >> Bluetooth".
	The App is OFF.	Press the icon to turn ON your app.
	Out of range of Bluetooth transmission.	Place your device which supports the Bluetooth 4.0 technology closer to the pedometer.

❤ Specifications

Product Name	Bluetooth Pedometer (LS405-B)
Dimension	Whole size:233x20x10 mm (Approximately)
Weight	Approximately 22 g (including the dry cells)
Display	Blue OLED V.A.:22.4mm x 5.6mm
Steps	0-120000 steps, division 1 step
Calories	0-12000.0 kcal, division 0.1 kcal
Distance	65.36km
Accuracy of Steps	500±15 steps
Exercise Time	0-23 hours and 59 minutes, division 1 minute
Battery Grade	1-7 grade, division 1 grade
Battery Life	≥7 days when fully charged and doing sports for 8 hours per day
Power Source	3.7V / 70mAh polymer lithium battery,Input:5V ⎓ 60mA
Working Environment	Temperature: 0°C to 40°C Humidity: ≤90% RH Pressure: 80 kPa ~ 106 kPa
Storage Environment	Temperature: -20°C to 60°C Humidity: ≤90% RH Pressure: 50 kPa ~ 106 kPa
Accessories	1. One Wrist Band 2. User Manual
Protection against ingress of water	IP65

About the Accuracy of This Product

This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.

WARNING: No modification of this equipment is allowed.

❤ Maintenance

When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T disassemble this device. If you have any problems, please contact AmericanPumpkins. (*Please refer to Warranty for contact information*)
- Charge the power once for every 3 months, or at least once for half a year, if the device is not likely to be used for a long time.

❤ Warranty

- AmericanPumpkins warrants its products free of defects in materials and workmanship in normal use for a period of ONE year from the date of retail purchase.
- This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:

→ Failure caused by unauthorized repairs or modifications;
→ Damage caused by shock or drop during transportation;
→ Failure caused by improper operation inconsistent with the instructions stated in this user manual;
→ Malfunction or damage from failure to provide the recommended maintenance;
→ Damage caused by improper use of power supply.

- Should this device require maintenance (or replacement at our option) under warranty, please deliver the original package to GUANGDONG AMERICANPUMPKINS MEDICAL ELECTRONICS CO., LTD prepaid. Please return the store receipt (with the retail purchase date) and a note with reasons to return on it as well.

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❤ Warning

While your pedometer is designed to be worn 24/7, its components are electronic and susceptible to damage if used improperly. Please read the safety guidelines on the following pages to ensure proper use and care.

❤ Pedometer Care

- Do not expose your pedometer to liquid, moisture, humidity, or rain while charging. Exposure of the pedometer to moisture while charging could result in electric shock.
- Do not tamper with or abuse the pedometer. For example, without limitation, do not drop, disassemble, open, crush, excessively bend, deform, puncture, shred, microwave, incinerate, paint, or insert foreign objects into the pedometer.
- Do not use abrasive cleaners to clean your pedometer.
- Do not expose your pedometer to extremely high or low temperatures.
- Do not leave your pedometer near open flames such as cooking burners, candles, or fireplaces.
- Do not bring your pedometer into contact with any sharp objects. This could cause scratches and damage.
- Do not insert anything into your pedometer unless otherwise specified in the user instructions. This may damage the internal components.
- Do not attempt to repair, modify, or disassemble your pedometer; it does not contain any user-serviceable components.

❤ Built-in Battery Care

- Do not attempt to replace your pedometer's battery. It is built-in and not changeable.
- Only charge the battery in accordance with the user instructions supplied with the pedometer.
- Avoid charging your pedometer in extremely high or low temperatures.
- Do not wear your pedometer while you are charging it.
- Do not attempt to disassemble the pedometer or force open the built-in battery.
- Do not clean the pedometer when it is being charged. Always unplug the charger first before cleaning the pedometer.
- Do not dispose of your pedometer in a fire. The battery could explode causing injury or death.

❤ Health Disclaimer

WARNING: THIS PEDOMETER IS NOT A MEDICAL DEVICE. The pedometer and its associated applications should not be used to diagnose, treat, or prevent any disease or medical condition. Always seek the advice of a qualified medical professional before making any changes to your exercise, sleep or nutrition, as doing so may cause severe harm or death.

❤ Other Notes

- Dispose of the pedometer, the pedometer's battery in accordance with local regulations. Do not dispose of the battery with regular household waste.
- Recycle your package in accordance with local regulations.

❤ FCC Statement

FCC ID: OU9LS405-B01

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

- Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

- NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

- If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver.

-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

- This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

- This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.